

# Mindful

# Memo

Week 31 – Monday, April 4<sup>th</sup> 2022

RCMA Wimauma Community Academy

## The Warrior

## The Caregiver

The Warrior is the one who gets up in the morning. It's the version of us that despite obstacles, takes a deep breath, puts on a smile, and powers through the day giving everything to the challenge at hand. The Warrior is the version of us that leans into struggle, rather than running from it. This mindset can be motivating, and help us cultivate resilience. It can also wear us down if we feel like we must keep pushing no matter how we feel. That's where the Caregiver steps in.

The Caregiver is the place where we accept that we are human. We are fallible. We need rest. We can ask for help, or say "not today." According to the *Ten Percent Happier* newsletter, the Caregiver's strengths are compassion and the ability to know when we are beginning to get a little "crispy." The Caregiver asks: Where am I right now? What are my limits? What do I need? The Caregiver recognizes there is no shame in rest.

Both the Warrior and Caregiver are needed at different times in our lives. This week, take time to have mindful awareness to discern which version of ourselves is needed in a particular moment. It's important to listen to both.



"AND ONE HAS TO UNDERSTAND  
THAT BRAVENESS IS NOT THE  
ABSENCE OF FEAR BUT RATHER  
THE STRENGTH TO KEEP ON  
GOING FORWARD DESPITE THE  
FEAR."

— PAULO COELHO

TO MEDITATE MEANS  
TO GO HOME TO  
YOURSELF. THEN YOU  
KNOW HOW TO TAKE  
CARE OF THE THINGS  
THAT ARE HAPPENING  
INSIDE YOU, AND YOU  
KNOW HOW TO TAKE  
CARE OF THE THINGS  
THAT HAPPEN AROUND  
YOU.

*Think What You*

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